



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01238, Ice cream sandwich

Report Date: July 16, 2017 17:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 70g
Proximates					
Water	g	48.90	--	--	34.23
Energy	kcal	237	--	--	166
Energy	kJ	990	--	--	693
Protein	g	4.29	--	--	3.00
Total lipid (fat)	g	8.57	--	--	6.00
Ash	g	1.10	--	--	0.77
Carbohydrate, by difference	g	37.14	--	--	26.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	18.57	--	--	13.00
Minerals					
Calcium, Ca	mg	86	--	--	60
Iron, Fe	mg	0.26	--	--	0.18
Magnesium, Mg	mg	29	--	--	20
Phosphorus, P	mg	72	--	--	50
Potassium, K	mg	115	--	--	80
Sodium, Na	mg	129	--	--	90
Zinc, Zn	mg	0.60	--	--	0.42
Copper, Cu	mg	0.254	--	--	0.178
Manganese, Mn	mg	0.381	--	--	0.267
Selenium, Se	µg	3.1	--	--	2.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.111	--	--	0.078

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 70g
Riboflavin	mg	0.146	--	--	0.102
Niacin	mg	1.566	--	--	1.096
Pantothenic acid	mg	0.209	--	--	0.146
Vitamin B-6	mg	0.028	--	--	0.020
Folate, total	µg	34	--	--	24
Folic acid	µg	27	--	--	19
Folate, food	µg	6	--	--	4
Folate, DFE	µg	53	--	--	37
Choline, total	mg	8.0	--	--	5.6
Vitamin B-12	µg	0.05	--	--	0.04
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	86	--	--	60
Retinol	µg	86	--	--	60
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	286	--	--	200
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	6	--	--	4
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.28
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.3	--	--	0.9
Lipids					
Fatty acids, total saturated	g	2.317	--	--	1.622
4:0	g	0.001	--	--	0.001
6:0	g	0.006	--	--	0.004
8:0	g	0.070	--	--	0.049
10:0	g	0.056	--	--	0.039
12:0	g	0.416	--	--	0.291
14:0	g	0.167	--	--	0.117
16:0	g	0.984	--	--	0.689

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 70g
18:0	g	0.617	--	--	0.432
Fatty acids, total monounsaturated	g	2.661	--	--	1.863
16:1 undifferentiated	g	0.026	--	--	0.018
18:1 undifferentiated	g	2.634	--	--	1.844
20:1	g	0.001	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	2.272	--	--	1.590
18:2 undifferentiated	g	2.119	--	--	1.483
18:3 undifferentiated	g	0.147	--	--	0.103
18:4	g	0.001	--	--	0.001
20:4 undifferentiated	g	0.003	--	--	0.002
20:5 n-3 (EPA)	g	0.002	--	--	0.001
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.001	--	--	0.001
Cholesterol	mg	21	--	--	15

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	4	--	--	3
Theobromine	mg	122	--	--	85